

Children/Youth Resource Guide

United Way of Utah County 2-1-1 Information & Referral connects people to health and human service resources in our community. We advance the common good by empowering individuals to find the help they need.

HEALTH SERVICES

Community Health Connect increases specialty healthcare access to low-income, uninsured and minority residents - 801-818-3015

Kids Cause provides eyeglasses, clothing, dental or medical services to children in public schools. Children must be referred by their school's Kids Cause coordinator. Leave a message at 801-885-4956.

Mountainlands Community Health Center provides well-baby exams, immunizations, obstetrics, gynecology, pregnancy/deliveries, vision/hearing screenings, diagnostic lab testing, therapy, counseling and education. Dental services include exams, cleanings, fillings, and crowns; 801-429-2012.

Utah County Health Department provides various clinics and services for Utah County residents:

- Fluoride Treatment/ Supplement - 801-851-7038
- Immunizations - 801-851-7044
- School Health Services - 801-851-7015

Volunteer Care Clinic provides free basic medical care to low-income individuals and families without health insurance. No chronic care is available. Open Tuesday and Thursday evenings 5-8 pm; 801-812-8094.

HEALTH INSURANCE/MEDICATION

Rocky Mountain Care Foundation offers subsidized cost for healthcare services, medications, and/or medical equipment. Call 801-397-4163 to apply

CHIP (Children's Health Insurance Program) is a federal program for children who do not have health insurance; call 1-877- KIDS-NOW (5437-669).

Medicaid is a source of health insurance coverage for Utah's vulnerable population; 1-866-435-7414.

RX Connect links uninsured individuals to prescription help programs; 1-866-221-0265.

Partnership for Prescription Assistance connects patients to free or reduced cost prescription programs. More

information can be found at www.pparx.org, or by calling 1-888-477-2669.

MENTAL HEALTH/COUNSELING

Canary Gardens provides grief support for children, teenagers, and adults at no cost; 801-960-2684.

Family Support & Treatment Center provides therapy for children, adults and families who are victims of abuse, neglect, or domestic violence. Also provides a crisis nursery; 801-229-1181.

Wasatch Mental Health Family Clinic offers mental health services for children and youth who have Medicaid; 801-377-1213.

UVRMC Psychiatry/ Depression Center provides evaluation, diagnosis, intensive psychiatric treatment, referrals and intervention education for anyone experiencing emotional problems; 801-357-7525.

CRISIS/SUPPORT

Vantage Point Youth Services offers services to divert runaway/ungovernable youth age 12-18 from the juvenile justice system; 801-373-2215.

Hope 4 Utah provides suicide prevention, intervention, and post-vention for youth; 801-342-3444.

Center for Women & Children in Crisis offers a 24-hour hotline for victims of domestic violence and rape; 801-377-5500.

Division of Child and Family Services enables anyone to report child abuse; 1-855-323-3237.

National Runaway Safeline is a 24-hour national hotline which offers support to runaway and homeless youth; 1-800-RUNAWAY (789-2929).

DISABILITY/DEVELOPMENTAL SERVICES

Recreation and Habilitation (RAH!) offers a weekly after-school program for teens ages 16 and older with developmental disabilities; 801-374-8074.

Special Education

- Alpine School District; 801-756-8410
- Provo School District; 801-374-4934
- Nebo School District; 801-354-7416

Help Me Grow is a free information line connecting families to community resources and child development information; 801-691-5322.

NUTRITION

School Lunch Programs provide school lunches at reduced or no cost to eligible families:

- Alpine School District; 801-756-8400
- Nebo School District; 801-354-7400
- Provo School District; 801-374-4800

Women, Infants, and Children (WIC) offers nutritional counseling and food assistance for families,

- Provo; 801-851-7300
- Orem; 801-851-7340
- Payson; 801-851-7360
- American Fork; 801-851-7320

EDUCATION

Kids on the Move provides services to low-income children with special needs and to assist families. Includes Early Intervention, Early Head Start, and Autism Bridges; 801-221-9930.

Mountainland Head Start promotes school readiness for low-income children 3-5 years old. Qualified families can bring their children free of charge; 801-375-7981.

Parent Information Resource Center (PIRC) offers educational materials and classes for parents to improve parenting skills and parental involvement in child's education; 801-229-7390.

Provo Early Intervention Program serves children ages 0-3 with developmental delays and/or disabilities; 801-852-4525.

W.I.O.A. Youth assists youth ages 14-21 with job training. See website for more information: www.jobs.utah.gov/jobseeker/wioayouth.html

SUBSTANCE ABUSE

Substance Abuse Prevention, Early Youth Intervention offers classes and support groups for teens to prevent/overcome substance abuse; 801-851-7126.

Al-Anon/AA offers support group for families of individuals who are struggling with substance abuse; 801-375-8620.

Youth Tobacco Hotline helps individuals learn about effects tobacco and information on how to quit; call 1-800-QUIT-NOW (784-8669).

PREGNANCY

Baby Your Baby provides financial assistance with prenatal care; 801-851-7033.

American Teen Pregnancy Helpline is a confidential helpline which offers support, counseling, and pregnancy health information; call 866-942-6466

Baby Safe Haven is a place where babies can be dropped off permanently without any repercussions; 1-800-822-BABY (2229)

Welcome Baby provides information and support for first-time parents; call 801-691-5354.

Nurse Family Partnership helps low-income first-time mothers; 801-851-7053.

COMMUNITY ACTIVITIES

4-H Clubs of Utah County emphasizes "learning by doing" for the growth and development of children and youth; 801-451-3409

Boys & Girls Club of Utah County provides after school fun, social and educational activities for children in grades K-6; 801-265-8472.

Girl Scouts of Utah offers educational and social activities to help girls develop leadership and citizenship skills; call 801-265-8472.

Red Cross Youth Services Program meets monthly with youth who want to learn, teach, and get involved. For youth ages 14-18; 801-323-7023 or 801-870-4533.